

FIRST PARENT-CAREGIVER SUMMIT REACHES NEW HEIGHTS

By Karen Zarsadiaz, Public Information Officer II



The Los Angeles County Department of Mental Health (LACDMH) hosted a special day for parents and caregivers of children in Service Area 5 who are receiving mental health services.

The “Reaching New Heights” summit took place at Burton Chace Park in Marina del Rey on Thursday, June 9th from 9 A.M. to 2:30 P.M. The summit was funded with the help of the Mental Health Services Act (MHSA).

“This is our first event like this. Our team wanted to come up with a way to bring parents and caregivers together to network and get information,” said Carolyn Kaneko, L.C.S.W., LACDMH, SA 5, Supervisor.

Fifty parents and caregivers registered for the event, designed to give them support and resources. “One of the things that we say is that parents and caregivers need to take the time to care for themselves before they can take care of their children, and that’s what this day is all about,” Kaneko added.

At the summit, several speakers were on-hand to address a variety of topics, including:

- *Parenting* – Maria Salinas and Lawrence Reyes
- *Transition Age Youth* – Rachel Moreno
- *Preventing School Violence* – Monica Rodriguez-Finston, L.C.S.W., Service Area 5/Emergency Outreach Bureau, Emily Brennan, M.S.W., and Luis Orozco, M.S.W.

Before concluding, the event also held afternoon break-out sessions for caregivers and parents focused on their overall well-being and spirituality.

Organizers of the Parent-Caregiver Summit in Service Area 5 hope to turn this into an annual event.